

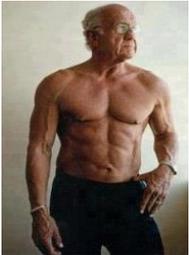


Logger's Latest

25 years of Lincoln Orienteering Group, for those that like to challenge and exercise the mind and body.

September 2012

Ediptor's Intro – Ally 'Dippy' Wright

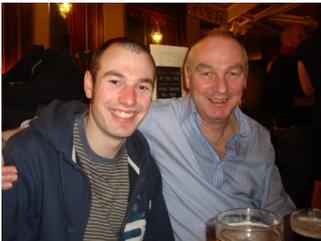


In the last issue of *Logger's Latest* I put in the picture to the left of our Geoff Gibbs looking 'Hotstuff' and in reply I received the picture to the right. Apparently I've been working out alongside Geoff. I know the VC Murgers told me I need to work on my core but I'm not quite sure this is what he meant! This issue is dedicated to our current club chairman Sean Harrington and so I have left him most of this page as he gives us his last Chairman's Words before having to step down at the AGM on the 17th October.



Thank you to all contributors for this edition; I hope you enjoy it. As usual all feedback is gratefully received.

Chairman's Last Words—Sean 'LOG Daddy' Harrington



The reason our Chairman started Orienteering...



And the reason our Chairman still orienteers.



A 'one off' moment for our Chairman relocating our Murgers.

Well where have the last 5 years gone!!! Yes I know you will find it hard to believe but this will be my last "Chairman's Bit" as my 5 year stint of being the clubs chairman will come to an end at this year's AGM in October.

My role as chairman of the club has been made a lot easier thanks to all the support of the various committee members over the years.

As far as the club is concerned I believe we have taken some great steps forward. We have already put on 19 events this year, including the winter series, night score cup, East Midland league event, Summer Series, chasing sprints, friendship relays and Lincoln city race. As I have said many times I think this is a fantastic achievement for a club as small as ours.

Over the last 5 years we have also improved the equipment the club uses, having purchased our own SI kit, new tents, tables and chairs, computers, new clock and most recently a new monitor to show live results during the event. We have also had a large amount of new areas mapped both professionally and by our own club members.

We have just completed our 25th anniversary weekend which was a great success, starting off with the relays at Riseholme and finishing off with the Lincoln city race on the Sunday. Thanks to Paul and Liam for planning some good courses and to everyone who turned up to help.

Special thanks to Amanda and Jonathon Roberts for the loan of one of their marquees for the Barbeque on Saturday night and all the lady's for sorting out the food. I think it worked well on the night and everyone seemed to have a good time

As far as events coming up, a small group of us are going up to Whitby to take part in the October Odyssey weekend and then shortly after it will be the start of the winter series at Branston.

It's also been good to see Jeff Baker out orienteering again after his recent scare; mind you I was not that happy when he "shot" passed me at the recent relays at Riseholme.

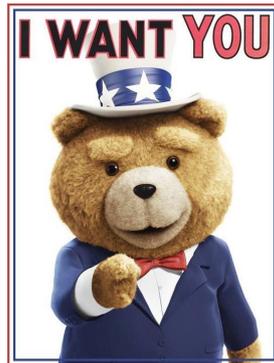
Finally I would once again like to thank everyone who has helped me out during my 5 years as chairman and wish all the best to whoever takes the role on.

Upcoming Diary Dates:

The next LOG social arranged by Murger's Tours:

CLOCK October Odyssey Weekend 13th/ 14th October

Currently there are 12 LOGger's taking part in this event: still not too late to join them. Please contact Paul Murgatroyd if you are interested.



to support LOG and attend the Club's AGM on October 17th 1930 at the Meeting Room in the Golden Eagle, High Street, Lincoln.

The dates for the Winter Series and Night Score Cup have now been confirmed please check the website for further details and the next edition of Logger's Latest.

Also please note that the LOG Christmas Do shall now be on the 13th December.

LOG Fashion: Clare Hanna

Are you looking to win admiring glances from Ally and Paul by wearing more LOG coloured kit ?

This purple HIPHOP watch is Italian made (you may be late but always stylish), and perfectly compliments your LOG O-kit and after event hoodies. So perfect is the colouring, it could have been specially designed for LOG. However it is more than just pretty. This watch is waterproof to a depth of 50m, so it could be worn safely on all Horncastle events or even by those inclined to some open water swimming. Cleaning is simple - just soapy water and a toothbrush, meaning all traces of cowpat can be easily removed. Orienteering in temperatures below -10c is not recommended and the watch doesn't function that well at those temperatures either. So if you are looking for a sporty watch to wear while orienteering or just something to pose about in after the event, take a look at the HIPHOP.



Page 3 Pic's



Biomechanics—Martin Thomas, Mandarin Leisure



Well, here it is. It was some time ago since Alison asked me to produce something for your newsletter but after having had a set back or two with computer problems it has taken longer than anticipated to put finger to keyboard! However, this is my guest appearance so I hope you will forgive me.



Hopefully you have received some interest following my column in the Lincolnshire Echo about your club. When I get around to producing a blog you will no doubt feature again.

Perhaps I should really start by introducing myself. I'm Martin Thomas and my company is called MANDARIN LEISURE. The business was started 21 years ago and has been sub divided into MANDARIN FITNESS which covers the Personal Training, Biomechanics Coaching, Nordic Walking and a Gymstick Personal Training class. MANDARIN THERAPIES was created to cover the complementary therapies and pamper parties' side of the business with MANDARIN MOTHERS following to cover the Antenatal and Postnatal massage and care services. When you combine these companies with my writing for the Lincolnshire Echo, The Journal and a few other guest appearances you will see that I like to keep myself fairly busy. Somewhere in there I manage to fit a bit of training in for myself plus a few charity and sponsorship events too.

I suppose the big question now is 'what would you like to know'? As a walking and running centred sport I could write about anything that is provided by MANDARIN FITNESS. Perhaps Nordic Walking might be a good start and if you like what I write I may be asked to write again for a future newsletter. Time will tell! (Some LOGger's will be trying out Nordic Walking on the 3rd Oct).

Well, what is Nordic Walking and why would it be of interest to you? A quick answer is to direct you to www.mandarinnordicwalking.co.uk and invite you to have a look and view the video there. I would provide some pictures here for you but it appears that my computer is still not working very well and won't let me open them! Perhaps I can draw you a written picture instead: Imagine you are cross country skiing. Now take away the snow and remove the skis. That leaves you with just the poles (different shoes would be helpful as it isn't easy to walk in ski boots)! The sport has been used in Finland and Scandinavia by the cross country ski teams for off season training but has grown in popularity as a sport in its own right. It is now a global sport with many clubs and organisations but I'm proud to say that I was one of the first in the UK to take it up. I was taught by Risto from Finland (the inventor of the Gymstick Nordic Walking poles) and am an internationally registered Master Instructor.

So, what is it all about? The advantages of Nordic Walking over walking, jogging or running are many. Comparing Nordic Walking to jogging and running you will have the obvious advantage of it being kinder to the joints with the lower impact associated with walking, while Nordic Walking will also burn more Calories than jogging (jogging is defined as a running style but at a pace of 8 min/mile or slower). So if Calorie burning is a priority then this may be a good alternative. However, if Nordic Walking is kinder to the joints than running or jogging, what advantage does it have over walking or power walking? The answer is simple – Nordic Walking, unlike any of the other activities mentioned here utilises the muscles of the upper body. Your initial thoughts may be drawn to the arms but when taught and performed properly the core muscles will be activated as will mid and upper back, neck, shoulders chest biceps, triceps etc etc. The only area I encourage you to 'switch off' is your brain! As with most new sports and activities the element of trying hard to do it right often leads to the opposite effect! Some of the 'alternative' styles are quite

amusing though when too much brain power is employed but that is all part of the fun. I nearly forgot to mention that it is a very social sport too. I encourage chatting and banter so you can now think of it as a form of rambling with adapted ski poles; although the difference in styles of walking are as far apart as walking compared to speed walking.

So it's just a walk in the park then with a couple of poles? Well, it can be but I am a Personal Trainer and I did learn this craft from one of the original masters. There are different styles of Nordic Walking ranging from the original 'big' workout that is required by the top class cross country skiers to the very gentle style that has been adapted by the UK associations who aim the sport at the over 50's age group. I instruct both versions of course but my true love is the original, more aggressive version. With my heart rate monitor (HRM) on I frequently record one hour walks with 1600 – 1800 Calories burned in that short time. Just in case you are wondering if these are big numbers because I am out of condition and overweight let me tell you that my resting heart rate is usually around 43 BPM. I'm fit and fast and I love a challenge. I'm a Personal Trainer so if you are expecting modesty then you are mistaken! I do have a sense of humour though so that makes it all OK!

If this small piece has grabbed your attention and you would like to give Nordic Walking a try I will put on a session for you one weekend at South Park. I will teach you the technique, we will have a laugh and then I'll let you have a go on your own to practice or race against each other. Perhaps you can bring some 'dibbers' with you too to see how you get on with them while Nordic Walking. Some of you may want to combine the two sports to intensify the workout.

If I can be of assistance in any way please don't be afraid to ask. I even do massage too so if you have had a hard training session, feel stressed or would like to organise a charity event just give me a call. I'm usually available via email at martin@mandarinleisure.com and sometimes available on my office number (01526) 399121 but as I provide mobile services I'm always available on my mobile 07966 174878. If any of you use twitter I'm there too at @MANDARINLEISURE or @MandarinMothers



Summer Series Winners 2012

Congratulations for this years Summer Series Winners, apologies to Scott Rice you seem to have missed out on a picture :(

SHORT COURSE WINNER

Scott Rice M18 (ARMY)



LONG COURSE WINNER

William Parkinson M16 (NOC)



TECHNICAL COURSE WINNER

Liam Harrington M21 (LOG)



TECHNICAL TOP SCORING
FEMALE

Tanya Taylor (LOG)

Clubmark—Ian Durrant

As everyone is aware I hope, LOG has achieved Clubmark accreditation and can display the appropriate Clubmark logo. This means the club has met high quality standards in:

- The playing or participation programme.
- Duty of care and child protection
- Sports equality and ethics
- Club management

Clubmark is not a 'complete and forget' system but is an ongoing exercise requiring constant updating of club records, attendance on courses, qualifications and policies.

I am the club's Clubmark lead officer and keeper of the Clubmark records which at present are a little bit out of date.

It is very important that the records are amended every time a member attends a course, renews a certificate, gets a higher grade or allows a qualification to lapse.

I keep lists of all coaches and assistants and their grades, those CRB checked, those who are 'child protection' trained, first aid trained, those who have attended equity and equality courses as well as copies of all our code of conduct, equity and equality policies .

I also keep an up to date copy of our constitution and our current development plan.

Have you attended any course in the last 12 months? Have you achieved a higher grade in your qualifications? Have you allowed a qualification to lapse?

I really need to be kept up to date on all these matters so when we are again inspected to see if we are still worthy of Clubmark accreditation the file is complete with all the necessary information.

Please contact me in necessary on 01522 824798 or iandurrant@ntlworld.com

The Presidents Award —Ian Durrant

To celebrate my 25 years with LOG I would like to donate a trophy to the club, the 'President Award', to be awarded annually at the AGM for outstanding services to LOG. Nothing to do with orienteering ability and not necessarily a LOG member. I hope we all realise that orienteering events do not just happen by themselves, the club certainly does not run itself and even social events have to be organised. There has always been a number of very busy people in the club who perhaps do not always get the recognition they deserve. The engine room staff.

My idea would be to have nominations put forward with a brief outline as to why and either committee or the wider club membership deciding on each year's winner. That of course is only my suggestion and I would welcome any thoughts on the matter.

I do intend to use my President's prerogative and chose this year's winner myself and present the trophy at the AGM. The recipient holds the trophy for a year but returns it prior to the next AGM so it can be suitably engraved ready for the next winner.

I would welcome any comments you have and please contact me on iandurrant@ntlworld.com or 01522 824798 but bear in mind I have already purchased the trophy and it is already engraved for 2012.

Talk to me Loggers

LOG Minutes—Committee Meeting 10th September 2012

Present: Sean, Paul, Amanda, Tom, Liam, Ally, Clare, Ian

Apologies for Absence: John, Michael, Hayley

Approval of Minutes of Meeting on 19 July 2012: Agreed.

Matters Arising: None

Treasurer's Report: HF had prepared a revenue forecast based on various membership fees. It was decided to put forward a proposal at the AGM for there to be no LOG Membership Fee for 2013. Level D events would be set at: £4 for non-members, £3 for members, and £2 for juniors. HF asked for the Debit Card application for the Barclays account be agreed at the meeting.

AR & SH to sign and send off.

EMOA Report: PM to put out an email to organise representatives to go to the EMOA AGM on 17 Sep 12.

Publicity Update: AW to send out targeted emails for the Winter Series instead of printed flyers. Vista Print had offered us a free BT Listing. We were to be given a hard copy of the recent radio interview that could be used for future promotions.

Lincoln City Race Review: Lincoln Minster School was a very successful registration venue. Bishop's Palace to be rested next year and the map extended westwards to give new interest. Maps needed to be ready by Spring 2013 to allow the Planner to be ready in good time. A Time Line would be produced to keep the planning of the day on track. A staged entry system was suggested to get an idea of numbers well in advance.

Yvette Baker Trophy - 7 July 2013: PM was ready to submit first draft course to the Controller.

EMUL – 6 October 2013 (Stamford): PM to speak to Dave Denness to check he was available and happy to be the planner. AR to email JM to register event.

EML – 3 March 2013 (Harlaxton): JM had confirmed with Harlaxton and other EM Clubs that date and venue OK. Jeff Baker had agreed to be Planner. AR to email JM to register event and apply for a Controller.

Winter Series, Night Score Cup: A few issues on venues still to be sorted. Branston Hall was not available to LOG. Beacon Heights on 1 Dec 12 to be moved to South Common – Dudley Giles to plan. Planners were now required for the Night Score Cup, volunteers to let PM know.

Mapping Winter Projects: PM was still looking for a mapper to do Morkery Woods and Stoke Rochford. Would probably be about £1000. When a quote had been received the clubs finances needed to be checked before final go ahead.

Association & Club Conference 2012: Nobody was available to attend.

Membership Fees: Discussed under item 3.

President's Award: ID proposed presenting a President's Award annually at the AGM. This was to be awarded to the non-orienteeing heroes of the club. This year ID would choose but in future years club members would vote for the most deserving hero. The voting system for this would have to be decided on.

Date of AGM: AGM to be on Wednesday 17 October 2012 at 7.30pm at The Golden Eagle, Lincoln. AR to book and send out notices.

AOB:

Club Mark - ID would like to hand over the Club Mark file, ID & AW to put out a request in the Newsletter.

Sale of Kit - ID had various items of orienteeing kit that would be for sale at the AGM.

Junior Coaching – TG was keen to do Junior Training to help get his Level 1&2 Training Qualifications.

University Club – TG should contact Ed Nicholas, the National Development Officer for help to start up a club.

City Race 2013 – Jeff Baker had put his name forward to be Planner.

Christmas Social – 13 December 2012 in The Strugglers Inn.

Grantham Participation Club – Plans to set this up had been abandoned.

Date of Next Meeting: Wednesday 17 October 2012, at The Golden Eagle, Lincoln after the AGM

Junior LOGger's Section

Junior M7 Ben Mathers views on the Lincoln City Race

As part of its 25th anniversary LOG held a brilliant Orienteering event around Lincoln.

The junior course had 4 controls in the Arboretum and the more advanced courses went to the castle some even went to the Bishop's Palace! It was an interesting course which led you around a lot of sights of Lincoln and caused many of the shoppers to stand and stare at runners rushing past!

The finish was a challenge as you had to run up a steep hill to dib that final control! I think that more young people should come and give orienteering a try!



University of Lincoln Orienteering Group (ULOG)

LOG is proud to announce our Junior Representative Tom George has set up the above club, it is the plan that this club will have a strong link with LOG.

Please support Tom and check out his Facebook page: University of Lincoln Orienteering Group and follow him and support him on Twitter: @UniLincolnO.

Hopefully this will be one of the many links we form this year in assisting to increase our Junior participation rates.

Further information about ULOG and a regular report will be included from them in future Logger's Latest publications.

RAFO Cadets

This space will in future editions be filled by RAFO cadets, I have set Kev Kirk and Nick Fortune on the case.... But as of yet have not received anything, I've been assured they are working on something. So expecting great things in this block in November. ;)

Orienteering Teaching Award the Sequel 'Real Deal' - Tom George

Over the last year I have been able to gain a true understanding of how critical club development is in maintaining sports and keeping the legacy of the sport alive through regular participation. In the previous July Edition of LOGGER's Latest I concluded that "the younger we get hold of orienteers, the better". Additionally, with the help of the school motto which suggested that 'No one can do everything but everyone can do something' regardless of ability with the right guidance anyone can achieve anything!

I based this motto around my planning for my cover work at school in order to create a fair and level playing field. Utilising the coaching pack I received from my Teaching Award several months prior to this experience, I went away and looked at simplifying the sport of orienteering, primarily to make it fun and enjoyable but to accommodate the broad spectrum of learning difficulties the children acquired throughout the school. Furthermore due to orienteering being quite an individualised sport I adapted the activities throughout the lesson to incorporate TEAM work exercises which was one of the key School principles.

Before the lesson started I explained the reasons behind the learning objectives on the board one of which was the central point of TEAM work (TOGETHER EVERYONE ACHIEVES MORE) and whereby having fun was another pivotal point.

The lesson entailed a 5 - 10 minute discussion on the sport of orienteering and whether or not anyone had heard of or participated in any form of orienteering. Fortunately a couple of students had participated before, primarily through cadets. Some students were still a little overwhelmed by this new sport so I explained that it was like a 'treasure hunt' with a map. I also explained to them some of the skills involved within orienteering such as route choice, distance judgements or estimation which they had carried out previously in their maths sessions and orientating maps.

I then educated the students about how orienteering can be carried out anywhere whether it is in the school hall, on the school field or even around their local village. With this in mind I demonstrated what orienteering has to offer as a sport including problem solving, respect for the environment, fair play, working with others and an active and healthy lifestyle. I also explained that orienteering had cross curricular links which provoked a discussion from the students providing me with a list full of links including:

- Geography: Map reading, navigating and observing features
- History: Of the sport
- Maths: Estimation (something previously done by the students)
- English: Skills of Listening, reflecting and writing (answers to controls)
- Food tech/ Cooking: Diet and nutrition
- PE: Competition, success and failure

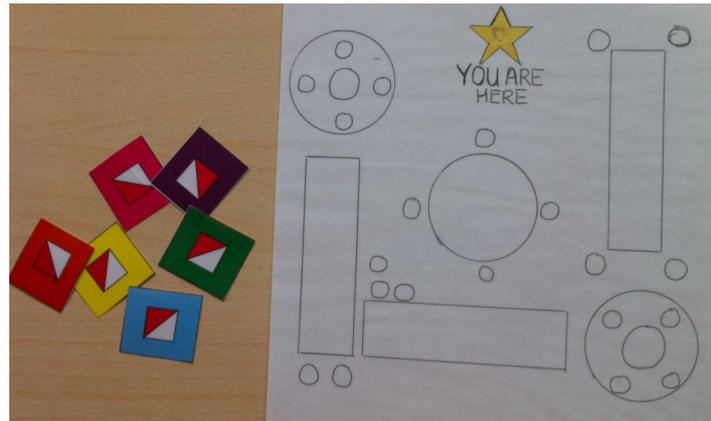
These cross curricular links were prompted by the recent theme for the term, the Olympics, which was covered throughout all subjects.

Some of the activities during the lesson involved drawing a map and key of a Lego model which represented the school. After completing the drawings I then asked them to stand on the other side of the table and turn their map so that their drawing matched up with what they were seeing in front of them. I then described to them that this was one of the skills used in orienteering, **map orientation**.

At the same time, due to having large groups I provided an alternative activity using mapped areas of Lincoln through jigsaw puzzles which allowed the students to work in teams to find the right pieces to complete the puzzle.



After both activities were completed a gym exercise was set up in the sports hall using benches, cones and hoops. The main objective of the task was to work in teams to create a 3D representation of the map provided (as seen on next page). To help them understand the positioning of the objects I stuck a gold star on the white board so they understood where they were in relation to the task. After several minutes and this part of the task was completed, I incorporated an additional exercise which involved working in pairs. One individual in the group would turn around and face the other way while the other individual placed a marker somewhere on the course. Once done the individual who placed the marker down pointed to the map showing the other team member where the marker was. This individual would then show their partner where it was following the map along the way. This was repeated several times until all the students understood the idea of **map reading**.



On completion of these exercises I briefly summarised what skills they had just learnt and then explained that they were going to apply this into a practical situation outside on the school grounds. With health and safety paramount, rules explained and teaching assistants dotted around the course everyone was paired up into groups of 2 or 3. Each course level was designed to test the teams understanding of map reading, map orientation and distance estimation. Level 1 was a simple cross country loop with 10 controls approximately 1km, Level 2 was slightly more technical which required the students to run approximately 1km in a figure of eight course. Finally Level 3 was the most technically challenging course which had 16 controls running approximately 2km. Furthermore each course had a different control kite; Level 1 used plastic flags with the control number having the names of countries present within the Olympics which they had to write down (linking with the theme of the term), Level 2 used white cones with the control number having the names of sports present within the Olympics and finally to add an element of fun Level 3 had the names of some of the teachers present at the school. Each level lasted approximately 10 - 15 minutes and a number of students were able to complete all the courses without any mistakes, albeit their first time too.



To consolidate the 2 hour session there was a brief summary which allowed time for some Q & A which spurred huge interest after the lesson. Those students who I perceived to have demonstrated the Olympic and Paralympic values received a well done slip which ended up being majority of the students. In addition to this I also provided leaflets for the BOF website and our club in order to generate some future interest, these too were quickly whipped away.

To summarise what was gained from this experience, a large percentage of the students who were new this sport who managed to complete all the activities provided, were eager to find out what they were up to in next weeks PE lesson. This indicates to me that even though in schools now outdoor sports such as orienteering are a compulsory part of the curriculum it seems that they are not utilising the strengths of the students encouraging them to join clubs such as LOG rather truthfully just to tick some boxes and progress on to the next term. Additionally the small minority of students who had previously pursued orienteering at cadets/ scouts made me realise that these group of people could be the catalyst for increasing the number of juniors within the club which has been further seen by the current cadets at 1406 Spalding Squadron making up a large percentage of our club runners.

Lincolnshire Echo Piece—‘Orienteering a Personal View’ by Ally Wright

Now, give me the slightest opportunity to wear a dress and heels and I will...but with a strong family background in outdoor sports I was never going to be a girly girl all the time; that dress was never going to avoid getting dirty and those heels were never going to look like they just came out the box at each outing.



Sports-wise I grew up extremely privileged, with plentiful opportunities for a wide range of sports. Now there is never a chance to get bored with sport as there is always something new to try. One sport I certainly enjoy is Orienteering – of the many sports I’ve tried it has been the most fulfilling.

Orienteering sets me challenges that involves problem solving and adventure racing, allows me to explore new areas and appreciate nature. As a result I benefit from accessing the outdoors all year around and exercising. I also find it gives me time to focus on a purpose outside of daily living.

Some people may find map work rather ‘geeky’ but I find maps quite alluring...learning languages was never my strong point but give me a map to read and what I can translate and visualise from it amazes even me, at times. To me map reading is a skill that everyone should learn, and sat navs/ Garmin should not be relied on to get from A to B because by using them you miss out on seeing areas at their best.

The magic with an orienteering map is it allows discovery and the chance to problem solve on the way and learn, making it an adventure. As an orienteer you get to explore and see the country from a different perspective and encounter how the outdoor world grows and changes throughout the year.

The International Olympic Committee sadly has yet to recognise my beloved orienteering as an Olympic sport, which would be great for raising the profile. Hopefully one day they will understand what we are really all about – as with a lot of folk we meet they just don’t grasp the concept until they try it.

I’m part of a small but very active and friendly club that operate across Lincolnshire, our participation rates are high and we have a social side as well. For me it’s like being part of another family and a sport I wish to be part of for a long time yet (most Orienteers still participate well into their 80’s).

Get the buzz for the sport yourself and realise how rewarding it is and feel the sense of achievement it gives you.

My next article in the Lincolnshire Echo is on 4th October, ‘An Orienteer’s Experience of Cricket’.

Learn your Control Descriptions by I should have known better...

Explanation of Column F:

Column F - Dimensions / Combinations

Dimensions of the feature should be given where the size of the control feature on the map is symbolic rather than to scale.

Also used for the two combination symbols (crossing; junction).

Dimensions

Ref.	Symbol	Name	Description
9.1	2.5	Height or Depth	Height or Depth of the feature in metres.
9.2	8 x 4	Size	Horizontal dimensions of the feature in metres.
9.3	0.5 / 3.0	Height on slope	Height of the feature on a slope in metres.
9.4	2.0 / 3.0	Heights of two features	Heights of two features with the control between them.

When either of these symbols are used in Column F the two features which either cross or meet must be shown in columns D and E. For example:

Combinations

Ref.	Symbol	Name	Description
10.1	X	Crossing	The point at which two linear features cross.
10.2	Y	Junction	The point at which two linear features meet.

D	E	F		
		X	Path crossing	The point at which two similar linear features cross.
		X	Ride / River crossing	The point at which two different linear features cross.
		Y	Road junction	The point at which two similar linear features meet.
		Y	River / Narrow marsh junction	The point at which two different linear features meet.

For a look at the International Specification for Orienteering Maps (ISOM 2000) go to: <http://orienteering.org/wcontent/uploads/2010/12/Control-Descriptions-2004-symbols-only1.pdf>

Publicity Update—by Ally ‘Dippy’ Wright

This year we have produced, and spent little on flyers for our events. Despite this we have attracted more interest in the club than in the previous two years. This has proven that we have found a more efficient way of promoting LOG. So what have we done?

We now have both a Facebook page and a Twitter account aswell as a new website. We have updated our look, and you will be surprised how well we now stand out at events and the feedback received as a result. We have attended local Summer Fayres ‘showing off’ how the sport has evolved with the SI Kit. We now have business cards with all the club details on to give to people who are interested. We have had a good bit of radio time, and we are getting bits and pieces in the echo...I am hoping I’ve succeeded in getting Orienteering in the cricket pages (check out the echo 4th Oct)!

As a club WE are doing very well ... But it doesn’t stop here my focus over the next few months will be on attracting more Juniors to club with assistance of Junior Rep Tom George and Sean Harrington.

LOG’s 25th Anniversary Weekend by Paul Murgatroyd and Liam Harrington



Riseholme Relays



When the committee began discussing plans for a 25th anniversary weekend of racing, I suggested the concept of a ‘Friendship’ Relay event. ‘It’ll be great,’ I said, ‘as it’ll incentivize all those potential runners for the city race, by giving them a second event in the weekend to come up for, plus we can get lots of orienteers from our neighbouring clubs to journey over – I’m sure they’d love to celebrate our 25th with us...’ Fast forward to less than three weeks to closing date for entries for both races and my optimism is looking sadly misplaced and I’m beginning to panic. Only 24 entered for the relay and, of them, not a single one is from a neighbouring club and we’ve only got about half of our own club running. Even taking into account the chairman’s words at this time, ‘You know orienteers are dilatory buggers when it comes to entering early’, I was extremely worried that all our plans for the race, including bringing in a marquee and an outside caterer, were going to fall very, very flat indeed.

So, I began to frantically advertise the event every which way I could. Posts on Nopesport, selling the fact that people could run in the Sheffield sprint relay in the afternoon and then make our race in the evening, re-advertising the event to the entrants on Fabian who were signed up for the city race but not the relay, joining all the local clubs’ Facebook pages (and my, that hurt...) and pushing it through the social medium, and emailing several times our LOG club members reminding them of the need to support our own celebration, were all avenues explored in the fortnight leading up to the Fabian entry deadline.

Gradually the numbers grew and, even though we only got one rep from HALO (cheers, Pete), three from NOC (the ever faithful Parkinson family) and absolutely none from SYO, LEI or DVO, all of which was mightily disappointing, we began approaching a reasonable turn-out. A final surge from RAFO, with Michael bringing a car load over, even though Jo and many of the group were tied up with the cadet swimming championships, along with five of the regular air force members joining us, meant we could now field 15 teams. It reached the point where it felt that it was going to be worth the efforts of all concerned.

On the day, the weather was fantastic, a bonus after the non-summer we've had, the marquee was a great feature and the BBQ turned out to be a bumper affair. The racing, as hoped, was fast and frantic, with orienteers whipping round the courses in between twelve and a half minutes and thirty four minutes, and a few teams came a cropper with the gaffling and proximity of controls, in true sprint relay fashion. Team Brownlee (Will Parkinson, Jeff Baker & Matt Lea) won out by only twenty seconds ahead of Team Trott (Helen Parkinson, John Mather & Rachel Ellis), with Team Ainslie (John Middler, Trudy Crosby & Tom George) a further six and a half minutes back in third. Comments from runners were all pretty positive and everyone seemed to appreciate both the format and the venue – hopefully people did make a few more 'friends' along the way!

Finally, thanks must go to the following for their help and contributions to the event. Ally Wright organized the outside caterer for the BBQ, Anne Gibbs the additional salad and cake team (and well done to you all!), Amanda & Jonathan Roberts kindly loaned the use of one of their company's marquees and Andy Lucas did his usual sterling job all weekend on the computers, including the use for the first time of our rolling results software and shiny new monitor! Great work, everyone.

Paul 'Murgers Murgatroyd'



Lincoln City Race

This year's 'Lincoln City Race' was the second time that I had planned the event; the first time being two years ago. The planning for this year's race proved to be fairly hard, mainly because access to the school that was used for the start was not finalised until late on, which meant I had a limited time in which to plan the race. After many emails and chats with Brian Slater (Controller) the courses were finally completed and ready to be sent to the printers the weekend before the event.

On the morning of the event I had an early start of about 6.00am in order to hang and grip all of the controls in time for the courses opening time of 10.30am. When putting out the last few controls, we came across a small problem. A gate was shown as open on the map, but was in fact closed on the ground; therefore a last minute map correction was needed. Once the courses were open and people had started a couple of issues were brought up; one from a LOG member who believed that one control was in the wrong place, when in fact they were not reading their descriptions correctly.

Overall we had about 250 competitors, all of which mainly gave positive feedback about the event and the weekend.

Many thanks for all those who helped to make the event a success.

Liam Harrington

Keep up to date with LOG via Facebook— 'Lincoln Orienteering Group', Twitter— @LOGGER'SLATEST or our website—www.logonline.org.uk .